

Monday-Friday
4pm-8pm

Meal Delivery

Wildflour Bakehouse
(317)933-6027

~ EST. 2016 ~

Monday

MEATLOAF & MASHED POTATOES

Meatloaf, Real Mashed Potatoes with gravy. Choose between Country Green Beans, Sweet Corn, Sweet Peas, Glazed Carrots, Sweet Roll or Cornbread. Includes one dessert

BAKED BOLOGNESE TORTELLINI

Cheesy Tortellini with delicious Bolognese, Served with salad and homemade Garlic Cheese Bread. Includes one Dessert

BEEF STEW WITH YEAST ROLL

Homemade slow cooked Beef Stew served with Homemade Yeast Rolls, Served with one Dessert

GRILLED CHICKEN MAC & CHEESE BOWL

Grilled Chicken Topped with Homemade Mac & Cheese includes 1 Dessert

Tuesday

GRILLED CHICKEN SALAD & BREADSTICKS

Grilled Chicken, Romaine Lettuce, Sliced Boiled Eggs, Bacon, shredded Cheese, Red Onion, Homemade Croutons, Cranberries, Sweet Peas, served with homemade Breadsticks, includes one dessert

CHICKEN & NOODLES

Homemade Chicken & Noodles, Real Mashed Potatoes, Choose between Country Green Beans, Sweet Corn, Sweet Peas, Glazed Carrots. Served with Sweet Roll, includes one dessert.

HOMEMADE POT ROAST WITH VEGETABLES

Slow Cooked Pot Roast with Carrots and Potatoes, Served with Sweet Rolls, includes one dessert

TURKEY MANHATTAN

Ovengold Turkey sliced on top of Real Mashed Potatoes and Homemade fresh bread and smothered with gravy, choose between country Green Beans, Sweet Peas, Sweet Corn, Glazed Carrots, includes one dessert.

Wednesday

LOADED GRILLED CHICKEN

Grilled Chicken Breast topped with Bacon, Mushrooms, and Muenster Cheese, served with loaded Mashed Potatoes, served with side salad and sweet Rolls, includes one dessert.

CHICKEN ALFREDO

Grilled Chicken Breast, Homemade Alfredo Sauce, thick alfredo noodles, served with a side salad and Garlic Cheese Bread. Includes one Dessert

STRAWBERRY PECAN SALAD

Fresh Sliced Strawberries, Pecans, Red Onion, Feta Cheese, Cranberries, Grilled Chicken, Served with Homemade Garlic Breadsticks. Served with one Dessert

BAKED RAVIOLI WITH VODKA SAUCE

Served with side salad and cheesy garlic breadsticks, includes one dessert

Thursday

REUBEN

Corned Beef, Melted Swiss, Sauerkraut, Thousand Island, on Marbled Rye, served with loaded mashed potatoes, choose between Sweet Corn, Sweet Peas, Country Green Beans, Glazed Carrots, includes one Dessert

GRILLED CHICKEN SANDWICH

Grilled Chicken Breast, Lettuce, Tomato, Onion, Melted Muenster Cheese, Avocado. Served with Homemade Potato Chips, includes one dessert.

TWICE BAKED SPAGHETTI & MEATBALLS

Served with Side Salad and Homemade Garlic Cheese Bread.

CHILI & GRILLED CHEESE

Slow Cooked Homemade Chili with Noodles, Grilled Cheese on Homemade thick sliced Bread, includes one dessert.

Friday

ITALIAN SAUSAGE WITH PEPPERS AND ONIONS.

Slow Roasted Italian Sausage with Peppers & Onions in a Tomato Sauce on a homemade Hoagie Roll. Served with salad and homemade potato Chips, includes one dessert.

HOMEMADE LASAGNA

Served with Salad and Homemade Garlic Cheese Bread.

CHICKEN CAESAR SALAD

Classic Caesar Salad with Grilled Chicken served with Homemade Garlic Cheese Sticks.

BUTTERNUT SQUASH SOUP,

Creamy Butternut Squash Soup. Served with Salad and homemade Breadsticks, includes dessert.

Dessert

CHEESECAKE

Our best Seller enjoy a tall slice of Homemade Cheesecake. Flavors include New York Style, Cherry, Turtle, Chocolate, Oreo, Salted Caramel

THICK CRUST PIE

Apple, Sugar Cream, Blueberry, Rhubarb, Strawberry Rhubarb, Peach, Blueberry, Cherry, Chocolate Cream, Banana Cream, Coconut Cream,

COBBLER

Cherry, Blackberry, Blueberry, Sweet Potato, Peach, Apple

COOKIE

Chocolate Chip, Snickerdoodle, Peanut Butter, Oatmeal Cranberry

BROWNIE

BANANA PUDDING IN A JAR



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Keto Meal Delivery

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Monday

**PHILLY CHEESESTEAK
LETTUCE WRAPS**
Thinly sliced Skirt Steak,
Peppers, onions, Cheese all
wrapped up in Butter lettuce
leaves.

Served with one Dessert

KETO TACO CUPS
Taco Shells made out of
Cheese, Taco Meat, Onions,
Garlic, Cilantro, Tomato,
Shredded Cheese, Sour Cream
and Avocado

Served with one Dessert

KETO CHILI
Flavorful Chili loaded with
vegetables, Sliced Avocado,
Sour Cream, Green Onion, and
Cheddar Cheese. Includes one
Dessert.

Served with one Dessert

**CHICKEN SPINACH
ARTICHOKE STUFFED
PEPPERS**
Rotisserie Chicken, Spinach
Garlic, Artichokes, stuffed
inside bell peppers with melted
cheese on top.

Served with one Dessert

Tuesday

KETO CHICKEN PARMESAN
Chicken Parmesan, served
with a light salad and steamed
Broccoli

Served with one Dessert

**CHEESY BACON RANCH
CHICKEN**
Served with a side salad and
Country Green Beans.

Served with one Dessert

BEEF BOURGUIGNON
Slow cooked beef in red wine
and beef broth. with carrots
and asparagus. served with a
side salad.

Served with one Dessert

**MEXICAN SHREDDED BEEF
AND VEGGIES**
This yummy Beef with lots of
spices, slow cooked to
perfection, served with
vegetable squash medley,
served with a side salad.

Wednesday

LOADED GRILLED CHICKEN
Grilled Chicken Breast topped
with Bacon, Mushrooms, and
Muenster Cheese, served with
steamed Broccoli and a side
salad.

SERVED WITH ONE DESSERT

KETO QUESADILLAS
Shredded Chicken, onion,
peppers, all folded over with a
cheese shell. Served with Sour
Cream and Avocado.

SERVED WITH ONE DESSERT

KETO CHICKEN SOUP
Served with Side Salad

SERVED WITH ONE DESSERT

**CHEESESTEAK STUFFED
PEPPERS**
Sirloin Steak sliced thin and
stuffed with cremini
mushrooms, onions, peppers
inside a bell pepper. Served
with a side salad.

SERVED WITH ONE DESSERT

Thursday

**ZOODLE ALFREDO WITH
BACON**
Zucchini Noodles with creamy
alfredo sauce and chopped
Bacon. Served with a Side
Salad.

SERVED WITH ONE DESSERT

CAJUN PARMESAN SALMON
Fresh Salmon Fillets with
Cajun Seasoning. Served with
Steamed Broccoli, and side
salad.

SERVED WITH ONE DESSERT

**CHEESY BACON BUTTERNUT
SQUASH**
Butternut Squash Grilled and
smothered with melted
Cheese, served with side salad.

SERVED WITH ONE DESSERT

**GARLICKY SHRIMP ZUCCHINI
PASTA**
Zucchini Pasta with Garlic
Shrimp. Served with a side
salad.

SERVED WITH ONE DESSERT

Friday

BUTTERNUT SQUASH SOUP
Served with a Chef Salad, full
of vegetables, Ham & Bacon,
Boiled Egg,

Served with one Dessert

**CHICKEN ZUCCHINI
ALFREDO**
Served with a Side Salad

Served with one Dessert

CHEESE TACO SHELLS
Taco Shells made out of
Cheese, Taco Meat, Tomato,
Sour Cream and Avocado

Served with one Dessert

TACO STUFFED PEPPERS
Served with Side Salad.

Served with one Dessert

Dessert

CHEESECAKE
Keto Sugar Free Cheesecake,
served with fresh berries and
sugar free whipped cream.

**KETO PEANUT BUTTER
SQUARES.**

KETO AVOCADO BROWNIES

**KETO PEANUT BUTTER
CHEESECAKE BITES**

MAGIC KETO COOKIES

KETO CHOCOLATE CAKE

**KETO CHOCOLATE CHIP
COOKIES**

